

HERITAGE CENTER

January NEWSLETTER 2009

A RECREATION CENTER FUNDED AND OPERATED BY MURRAY CITY DEDICATED TO ENHANCING THE QUALITY OF LIFE FOR ADULTS AGE 55+.

Services Offered

□

Arts & Crafts

□

Cultural Programs

□

Daily Lunch

□

Educational

□

Exercise

□

Health Services

□

Information &

Referral

□

Recreation

□

Socialization

□

Transportation

□

Travel

□

Volunteer
Opportunities

Open Monday
through Friday
8:00-4:30

Director's Report by Susan H. Gregory

Wow, 2009! I can't believe another year has passed. I look back at 2008 and I'm grateful for the wonderful support of Murray City for providing such a terrific facility for people 55+ to enjoy. With the many problems facing the country, the Heritage Center has been fortunate not to have experienced any problems in 2008. Last year we had a total of 84,192 services provided which included 14,633 lunches, 16,391 other services, 2,814 group uses and 50,354 recreational activities. This was an overall increase of 1.63% with the largest increase in the meal program of 4.83%. What do all these figures mean? They show the Heritage Center is continuing to provide a variety of programs and services to the general health and well being of the older adult in our community. Improvements in the last year included a new dishwasher, new water dispenser and ice machine, new kitchen ceiling tiles and a new sign at the entrance to the Center. These improvements were made possible by a Community Development block grant for \$65,000.

The Center also started a "Participant Card" requirement asking everyone to get a participant card to be scanned each time you come to the Center. If you don't have a card you are asked to sign in when you come each day. I want to thank you for your help in getting this program up and running. If you forget your card one day, just give the front desk your name and they will "scan" you in without your card. This will help the Center continue to apply for grants and also provide the staff with statistics to better manage and plan for the future of the Center. I am asked on numerous occasions how many people come to the Center each day. Scanning your card will help us answer that question.

Thank you again for your help in scanning your card or signing in each time you come to the Center. Please see me if you have any concerns or questions about this program.

I wish everyone a healthy and happy 2009. See you at the Center.

— Susan Gregory, Center Director.

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INSIDE THIS ISSUE ARE DESCRIPTIONS OF UPCOMING PROGRAMS, CLASSES, AND SERVICES.
KEEP THIS COPY AS A REFERENCE FOR YOURSELF AND OTHERS. ONE COPY PER FAMILY PLEASE.
DONATIONS TO HELP COVER THE COST OF THIS NEWSLETTER ARE APPRECIATED.

Advertisements

The Heritage Newsletter accepts sponsors who are eager to convey their message to our audience and to support production of this publication. Camera-ready copy is required and must be received by the 10th of the month preceding publication.

Rates, based on a one issue insert:

\$200 full page

\$100 half page

\$50 1/4 page

\$25 1/8 page

Multi-issue discounts are available. Request a rate card by calling or writing the Center:

Heritage Center
#10 E. 6150 S.
Murray UT 84107
801/264-2635
fax 801/685-9140

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Personal notices are charged the rate of 50¢ per line per issue.



Special Accommodations

Persons needing special accommodations to participate in activities at the Center are requested to inquire at the front desk. The Center will make every effort to assist hearing, vision, or physically impaired participants if notified at least three working days in advance of the need. □

Heritage Newsletter

This newsletter is produced monthly by the Heritage Center staff and is available to center participants. The Heritage Center is funded and operated by Murray City.

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Newsletter Cost

The suggested donation for this publication is .75¢. Subscriptions are available for \$18 per year and mailed to your home. □

Notary Available



Susan Gregory, Heritage Director, is a Notary and available to sign documents that need to be notarized. Susan is not always available so appointments are encouraged. □

Stamps/Copies/Shredder

The Front desk has stamps for sale by the book or a single stamp. You can also get a copy made at the front desk for 10¢ per page. Copies are limited to 10. A shredder is available at the front desk. □

Gifts

Gift certificates are available for any program offered at the Center. A one day notice is needed for gift certificates. If your son, daughter, grandchildren, or friends don't know what to give you for your birthday, suggest a gift certificate, a credit on your Heritage account, or a week supply of lunch coupons. □

Credit Cards



The Heritage Center accepts Visa and Master Card for activity payments at the Center. Credit cards may be used to make reservations for classes and activities over the phone or in person. □

COMPUTERS...COMPUTERS...COMPUTERS...COMPUTERS...COMPUTERS

Computer Classes

The computer lab has 6 personal computers with Windows XP, CD burner, Microsoft Word, Corel Word Perfect and Internet access.

Computers are available during open lab time when classes are not being held. There is no charge to use the computers during open lab time (printing is .5¢ per page.). The instructor computer located in the front of the room also has the program R/C Flight Simulator installed for flying enthusiast.

January Schedule:

Basic I

Class for the person who is still a beginner with either using the computer or using windows. A brief outline is available at the front desk. Mon., Tues., Thurs., Jan. 5,6,8, 12,13, 15 - 10:15-11:30. Cost is \$15.

Basic Internet

Learn how to use the internet and surf the world wide web. Tues., Thurs., January 13, 15 - 9:00-10:00. Cost is \$5.

Basic Email

Set up a free Yahoo email account and learn how to communicate with friends and family. Tues., Thurs., January 20, 22 - 9:00-10:00. Cost is \$5.

Basic Computer II

Continue learning computer

skills. A complete outline with subjects available at front desk. Tues., Thurs., Mon., Jan. 20, 22, 26, 27, 29 (starts on Tuesday.) - 10:15-11:30. Cost is \$15.

Music on Computer

Learn how to purchase your favorite songs for .99¢ using iTunes and save your song to a CD. Come with 3 song choices in mind. Thursday, Jan. 15 at 1:00. Cost is \$5.

Individual Help

Sign up for a one on one lesson with volunteer instructor Bill Park. Sign the interest list at the front desk and we'll arrange a time that works for everyone. The cost is \$5.

Other Possible Classes:

Sign the interest sheet at the front desk if interested in any of the following to be offered in February:

Basic I - 6 sessions

*Basic II - 6 sessions

*Basic III - 4 sessions

*Basic Excel - 4 sessions

Keyboarding - 4 sessions

*Basic Email - 3 sessions

*Intermediate Email - 2 sessions

*Basic Internet

*Flyers - 2 sessions

*Movie Maker - 5 sessions

Intro to Scanners - 1 session.

*Music on the computer - 1 session.

*Greeting Cards - 2 sessions.

*Genealogy - 4 sessions.

Classes with the * asterisk require a prerequisite of Basic I or computer knowledge of using a mouse and

navigating around in windows before taking the class. □

Computer Lab

The Computer Lab is for anyone who would like to surf the web, practice what they've learned in class or those who need access to a computer. Computers are available for use anytime a class is not being held or movie shown.

Glen Werner is available on Wednesday from 9:30-11:30 to answer questions.

If you'd like to be a lab volunteer, see Susan. □

HUGS - Heritage User Group for Seniors

The Heritage User Group for Seniors (HUGS) would like to invite you to attend the monthly meeting on **Wed., Jan. 14 at 1:30.**

Thank you Tom Manak, HUGS volunteer, for arranging the great speakers. The group meets every month on the second Wednesday at 1:30 p.m for a presentation and swapping information. No fee, the club is free! □



HEALTH SERVICES

Blood Pressure & Glucose Checks
Every Thursday - 10:00-12:00



January/Feb. Clinics

Massage Therapy by appointment - Fridays @ 11:30 - 4:00

Blood Pressure & Glucose
Thursdays @ 10 - 12 Noon

Toenail Clipping
Thursday February 5 @ 9:00

Blood Testing
Thursday February 19 @ 9:00

Toenail Clipping Thurs., Feb. 5

Thursday, February 5 is the Center's next toenail clipping clinic. All those who are 55 years or older (except diabetics and those on blood thinner) are welcome. Applegate Home Care provides the service every other month from 9-10:30. The fee is \$5 a clipping. Appointments are required, and can be made at the front desk. Payment is due when you make the appointment. □

Blood Testing - Thursday, February 19, 9-11

Blood testing will once again be offered **Thursday, February 19** at the Heritage Center from 9:00-11:00 and appointments are needed. Appointments can be made starting February 5. You choose which screening you would like the day of the testing. For thirty dollars testing includes a Comprehensive Metabolic Panel, a Lipid Profile, and a Complete Blood Count. For an extra fifteen dollars you can include a Prostate, or a Thyroid test. Payment is made the day of testing and checks should be made out to IHC. Test results will be mailed out 1-2 weeks after the testing.

Cholesterol is one of the fat-like nutrients that is transported in your blood. It helps to build cell walls and make hormones. Excess cholesterol enters the blood stream when we eat foods that contain cholesterol such as meat and dairy products. Cholesterol becomes trapped on the coronary arteries and builds up over time when too much cholesterol is in our blood stream. The clogged artery will not let nutrients and oxygen through to the heart. Without the nutrients and the oxygen, the result is chest pains, heart attack, or sudden death.

Common causes of high cholesterol include genetics and fatty foods. Foods that are high in saturated fat include beef, whole milk, most cheeses, meats (ham, sausage, bacon), butter, and ice cream. Some better alternative include turkey and chicken breast, fish, skim milk, 1% cottage cheese, margarine, wheat pasta, brown rice, and light popcorn.

Other potential problems with elevated blood readings include bone disorders, like osteoporosis, kidney and liver functions, gallbladder disease, dehydration, red blood cell disorders, and prostate cancer. Who is at risk for cancer? The answer is everyone. For more information on cancer call the American Cancer Society at 1-800-227-2345 or the National Cancer Information Service at 1-800-4CANCER. □

Massage Therapy - Fridays from 11:30-4:00

Massage Therapy continues on **Fridays from 11:30 -4:00**. Appointments are required and can be made up to two weeks ahead of time. The cost is \$8 for fifteen minutes, \$16 for a half hour, and \$36 for an hour. Payment is due when you make the appointment. If you cannot make your scheduled appointment time, cancellations must be made 24 hours in advance for a refund.

Thelma L. Baker is a licenced massage therapist specializing in therapeutic massages. You can choose from a hand massage, a foot massage, a seated neck and back massage, or a full body massage. If you have a more specific request, please ask Thelma. She may be able to accommodate you. □

EXERCISE...EXERCISE...EXERCISE...EXERCISE...

AEROBICS-LOW IMPACT

Tuesdays & Thursdays

9:00-10:00

Becky Clark - instructor

\$15 per month, punch pass, or \$3

STRENGTH CONDITIONING

Tuesdays & Thursdays

2:00-3:00

\$15 per month, punch pass, or \$3

Newcomers must attend the orientation at 1:30 on January 6.

TAI CHI

Tuesday & Thursday

10:30 - 11:30

Michael Dussere - instructor

\$15 per month, punch pass or \$3

LINE DANCING

Tuesday Beginners

2:00-3:00

Tuesday Everyone

10:15-11:45

Shirlene Lundskog - instructor

\$1.50 per class

NIA

Mondays & Fridays

9:00 - 10:00

Sadie Perkins & Sharon Daurelle

\$20 per month, punch pass, or \$3

CHAIR A-ROBICS

Wednesdays and Fridays

11:15-11:45 Free

Lucy Tibolla - instructor

YOGA

Wednesdays 10:00-11:00

Jane Wallace-instructor

\$10 per month, punch pass, or \$3

OPEN EXERCISE ROOM

Open for use daily

\$5 per month or \$1 per visit

Visit 12 times in one month and get one month free! Treadmill, Recumbent Bike, Hand & Leg Weights, Weight Machine

MISC...MISC...MISC...

Sign up Wednesday, January 14

H.E.A.T. offers relief for Energy Costs

HEAT stands for Home Energy Assistance Target. Its purpose is to assist eligible households meet the rising costs of home heating. It is a federally funded program that is administered by the State of Utah. Any household in Utah is eligible if their total income is not more than \$1,300 per month for a single person or \$1,750 for a couple. Benefits are for a one-time payment and will not cover your entire winter heating costs.

A list of documents necessary to qualify for this assistance are provided in a handout available at the front desk at the Heritage Center. Staff from the HEAT program will be available at the Center on **Wednesday, January 14**, from 9:30 to noon to take applications.

After you apply, you will receive notification in the mail about the status of your application and notified of the benefit amount and how payments will be made.

Yoga - Wednesdays 10:00

Yoga is an ancient system of movements and breathing techniques. This class is designed to help you relax and rejuvenate your mind and spirit. Some of the many benefits of yoga include enhanced immunity, overall well-being, strength building, self awareness, stress reduction, relaxation, increased mobility and flexibility, as well as muscle toning.

Yoga provides a low risk of injury to muscles, as well as a low impact workout. If you are interested in lowering cholesterol, improving your dexterity, or are looking to simply sleep better, try the Center's yoga class every **Wednesday.**

Warm Drinks Anyone?



☐ Coffee is available in the dining room for 50¢.

☐ Tea & Hot Chocolate packets are available to purchase in the kitchen for 50¢. Hot water is also in the kitchen.☐

CLASSES...CLASSES...CLASSES...CLASSES...CLASSES...CLASSES

Tuesdays at 12:45

Craft Day

Over the past year several classes have been presented at the Center which focused on traditional hand-craft techniques including quilling, weaving, crocheting and others.

A small group of the students from these activities continue to meet on **Tuesday** afternoons at **12:45** to share their skills and knowledge of these crafts and chat about things that are important in their lives. □

Mon/Tues/Thurs 8:30-12:00

Ceramics

The ceramic class operates on Monday, Tuesday, and Thursdays from 8:30 to Noon and contains all the supplies and equipment you will need to produce knickknacks, works of art, and functional pieces such as plates and bowls. The instructor, Cindy Mangone, has information for the beginner to advanced.

The cost to participate is \$1 each time you attend plus supplies. □

Free Tax Assistance

AARP is providing free tax consultation and preparation for all tax payers with middle and low income, with special attention to those age 60 and older every Wednesday. Service begins February 4 from 12:30-3:30 and appointments are needed and made up to two weeks in advance. □

February 11 at 10:30

Common Problems found in Real Estate Transactions/Information on Reverse Mortgages

This presentation deals with specific examples of problems related to the following facets of real estate transactions: Planning and preparation, general familiarity, Representation, Financing/Mortgages, Title and Closing, Ownership and Maintenance (and the implications for overall estate planning), and Taxation and tax ramifications.

The presentation will also address the advantages and limitations of reverse mortgages. Why reverse mortgages are both good and bad, depending on individual circumstances. The purpose of this class to answer questions, clarify crucial issues, and minimize the number and severity of future "situations" involving these areas of concern.

Advanced registration is required for this class. A minimum of ten people is needed to hold this class, so bring a friend, neighbor, or co-worker with you and learn more on real estate issues. □

Wednesday, January 21 - 1:00

Let's Talk - Reading and Discussion Group

Like to read? Join Let's Talk for a lively discussion with volunteer Charlotte Cox on **Wednesday, January 21 at 1:00**. There is a recommended one time donation of \$5 to help with shipping costs. The discussion books come from the Utah Humanities Council Lending Library. Check books out at the front desk. **Books need to be returned no later than the first Friday after the discussion date.** Participants are responsible for all lost books. January 21 - *Three Cups of Tea* by Greg Mortenson & David Oliver Relin. Greg Mortenson, a homeless mountaineer, who following a 1993 climb of Pakistan's treacherous K2, was inspired by a chance encounter with impoverished mountain villagers. He promised to build them a school. Over the next decade he built fifty five schools (especially for girls) that offer a balanced education in one of the most isolated and dangerous regions on earth.

February 18 - *Farewell, My Lovely* by Raymond Chandler. This gritty, well plotted and brutally realistic, novel depicts the lowlife of the City of Angels in the 30s and 40s. They feature tough guy Philip Marlowe, the archetypal private eye who spawned countless imitators.

For a full list of dates and titles, please see the front desk. □

CLASSES...CLASSES...CLASSES...CLASSES

Pottery Class - Monday, February 2

Instruction in the techniques of creating functional and decorative pieces of pottery and clay art will be presented by George Fenstermacher, Heritage Center staff member and proprietor of St. George Pottery and Back Yard Pottery Studios.

Class will be held Mondays 1:00-3:00, starting February 2 and continuing for 8 weeks.

Wheel throwing techniques include wedging, centering, throwing, trimming, decorating, glazing and firing of pieces such as mugs, tumblers, bowls, plates, pitchers, covered containers, and novelty items.

Hand built projects include pinch & coiled pots, slab techniques of slump molding, hump shaping, object wrapping to include candy dishes, wall hangings, sconces, bowls, mugs, and others along with skills in texturizing, decorating, glazing, and firing .

Contents of the class will include instruction, potter's wheel time each class period, open lab hours on Tuesdays from 1 to 3 pm, bisque and glaze firings of all projects, use of the Center's pottery wheels and hand building equipment, and 25 pounds of cone five studio clay.

Fees for this class are **\$35** for new participants and \$25 for alumni (returning students.) The fee is paid at the time of registration.

Each student should have a basic clay throwing/building kit (**\$15**) which may be purchased at the first class. It will be most convenient if each student has a personal kit, but two students may share one kit if desired.

Class size is limited to 8 students so sign up now and let's get started!



Interested in a New Painting Class?

The Center has had numerous requests in the past for painting lessons and have recently ran across a new instructor who would like to give lessons at our Center. Past instructors has graciously volunteered their time and have not charged for their services. The new instructor is a professional who would be charging a fee for her lessons.

The Center would like to know if participants are interested in taking either acrylic or oil painting classes. Beginners and Intermediates are both welcome. If you are interested, please call the center at 264-2635 or stop by the front desk and put your name on a list. At this time the Center is trying to get an idea if there is still an interest. □

RECREATION...RECR

Mondays at 1:00 - FREE

Monday Movies

Monday movies are shown in the dining room or computer lab on the large screen. Movies begin at 1:00 and the popcorn is free! Be in your seat by 1:00, bring a friend, and enjoy the show.

Jan 5 - *Journey to the Center of the Earth* (2008) PG-13. On a quest to find out what happened to his missing brother, a scientist, his nephew and their mountain guide discover a fantastic and dangerous lost world in the center of the earth. 93 min.

Jan 12 - *Wall-E* (2008) G. After hundreds of lonely years of doing what he was built for, WALL-E (short for Waste Allocation Load Lifter Earth-Class) discovers a new purpose in life (besides collecting knick-knacks) when he meets a sleek search robot named EVE. 97 min.

Jan 26 - *Indiana Jones and the Kingdom of the Crystal Skull* (2008) PG-13. Famed archaeologist/adventurer Dr. Henry "Indiana" Jones is called back into action when he becomes entangled in a Soviet plot to uncover the secret behind mysterious artifacts known as the Crystal Skulls. 122 min.

*Movie titles subject to availability.□

	MONDAY	TUESDAY
<div>Heritage Center Events</div> <div>January 2009</div> <div> Heritage Center #10 E. 6150 S. (west of State Street) 264-2635 www.murray.utah.gov we are here to serve you Monday-Friday 8:00-4:30 & Thursday until 10:00 PM </div>		
	<div>5</div> <div> 8:30 Ceramics 9:00 NIA 10:15 Basic I 1:00 Movie </div>	<div>6</div> <div> 8:30 Ceramics 9:00 Aerobics / Haircuts 10:15 Line Dancing 10:15 Basic I 10:30 Tai Chi 12:00 Lunch 12:45 Crafts 2:00 Strength Conditioning 2:00 Beginners Line Dancing </div>
	<div>12</div> <div> 8:30 Ceramics 9:00 NIA 10:15 Basic I 12:00 Lunch 1:00 Movie </div>	<div>13</div> <div> 8:30 Ceramics 8:30 Wendover Trip 9:00 Basic internet 9:00 Aerobics / Haircuts 10:00 Outreach Worker 10:15 Line Dancing / Basic I 10:30 Tai Chi 12:45 Crafts b2:00 Strength Conditioning 2:00 Beginners Line Dancing </div>
	<div>19</div> <div>CENTER CLOSED</div>	<div>20</div> <div> 8:30 Ceramics 9:00 Basic Email 9:00 Aerobics / Haircuts 10:15 Line Dancing 10:30 Tai Chi / Basic II 12:00 Lunch 12:45 Crafts 2:00 Strength Conditioning 2:00 Beginners Line Dancing </div>
	<div>26</div> <div> 8:30 Ceramics 9:00 NIA 10:15 Basic II 12:00 Lunch 1:00 Movie </div>	<div>27</div> <div> 8:30 Ceramics 9:00 Aerobics / Haircuts 10:15 Line Dancing / Basic II 10:30 Tai Chi 12:00 Lunch 12:45 Crafts 2:00 Strength Conditioning 2:00 Beginners Line Dancing </div>

WEDNESDAY		THURSDAY		FRIDAY	
Dec 31		1		2	
9:30 Pinochle / Computer Lab 10:00 Yoga New Years Eve 10:30 Entertainment 12:00 Lunch 12:30 Special Bingo 2:30 Center Closes No Bridge Today		CENTER CLOSED		9:00 NIA 11:15 Chair A'Robics 11:30 Massage Therapy 12:00 Lunch 12:45 Bingo 1:00 Bridge Play	
7		8		9	
9:30 Pinochle 9:30 Computer Lab 10:00 Yoga 11:15 Chair A'Robics 12:00 Birthday Wed. Lunch 12:45 Bingo 1:00 Bridge		8:30 Ceramics 9:00 Aerobics 10:00 Blood Pressure/Glucose 10:15 Basic I 10:30 Tai Chi / 12:00 Lunch 12:45 Red Hatters 1:00 Square Dancing 2:00 Strength Conditioning 5:30 Weight Watchers 6:30 Ballroom Dance Lessons 7:00 Dance		9:00 NIA 11:15 Chair A'Robics 11:30 Massage Therapy 12:00 Lunch 12:45 Bingo 1:00 Bridge Play	
14		15		16	
9:30 Pinochle 9:30 Computer Lab 9:30 H.E.A.T. 10:00 Yoga 11:15 Chair A'Robics 12:00 Lunch 12:45 Bingo 1:00 Bridge 1:30 HUGS		8:30 Ceramics 9:00 Aerobics / Basic Internet 10:00 Blood Pressure/Glucose 10:15 Basic I / 10:30 Tai Chi 12:00 Lunch / 1:00 Music on Comp. 1:00 Square Dancing 2:00 Strength Conditioning 5:30 Weight Watchers 6:30 Ballroom Dance Lessons 7:00 Dance 7:30 Ute RC Club		9:00 NIA 11:15 Chair A'Robics 11:30 Massage Therapy 12:00 Lunch 12:45 Bingo 1:00 Bridge Play	
21		22		23	
9:00 Tooele Trip 9:30 Pinochle / Computer Lab 10:00 Yoga 11:00 Attorney 11:15 Chair A'Robics 12:00 Lunch 12:45 Bingo 1:00 Bridge 1:00 Let's Talk		8:30 Ceramics 9:00 Aerobics / Basic Email 10:00 Blood Pressure/Glucose 10:30 Tai Chi / Basic II 12:00 Lunch / 12:45 Red Hatters 1:00 Square Dancing 2:00 Strength Conditioning 5:30 Weight Watchers 6:30 Ballroom Dance Lessons 7:00 Dance		9:00 NIA 11:15 Chair A'Robics 11:30 Massage Therapy 12:00 Lunch 12:45 Bingo 1:00 Bridge Play	
28		29		30	
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Newsletter				9	

RECREATION...RECREATION...RECREATION...RECREATION...RECRE

News Behind the 8 Ball

Pool equipment is provided for your recreational enjoyment during the Center's hours of operation. Visit the pool room at the east end of the building and shoot a rack. New players are welcome. We will help you learn the game. Indoor shuffleboard is also located in the pool room, give it a try! □

Pinochle - Wednesday's at 9:30

Pinochle tournaments are held on **Wednesday** mornings at 9:30 am. Players must check in no later than 9:15. No advance sign-up is required. The cost is \$2 and is paid tournament day. Copies of tournament rules are posted on the bulletin board. High scores for November were: *Charlie Tucker 633, Dorothy Johnson 610, Orrin Curtis 617, Charlie Tucker 766.*

Bridge - Wed/Fri at 1:00

Informal Bridge play (Chicago/Party) is held on **Wednesday** and **Friday** afternoons from 1:00-4:00. Some players arrive early (around 12:30) to practice and start finding first round partners. If an even number of players are not available when the play begins at 1:00 then the last person to arrive will be rotated in or three handed bridge will be played if needed. Copies of the bridge play guidelines are posted on the bulletin board in the card room. High scores for November were: **Wednesday** - *Hal 96, Margaret & Joann 77, Georgette 80, Helen 86.* **Friday** - *Arnold 93, Donna 69, Ruth 88.*

Canasta Games - Tuesdays 11:00 - 2:30

Canasta games are conducted on Tuesdays from 11 to 2:30 with a break at noon for the Center's lunch. Beginners are welcome, all games are free, anyone can join in on the fun.

Bingo - Wed. & Fri. at 12:45

Bingo is played every **Wednesday** and **Friday** immediately following lunch. Bingo is free and winners receive a \$5 gift certificate to Smith's Grocery or Village Inn Restaurant. Donations are appreciated and used to purchase the certificates and prizes for bingo days. A special *THANK YOU* to Village Inn for donating a pie each week for the elimination bingo game. Stop in for a meal and say thanks. Bingo volunteers needed - see George. □

Tuesdays 10:15 & 2:00

Line Dancing

Enjoy some great exercise, stimulate your brain, and meet friends. **Tuesdays at 10:15** for all dancers and Tuesday afternoon at **2:00** for Beginners. The cost is \$1.50 and is paid the day of class and placed in the box on the stage. The instructor is Shirlene Lundskog who dances with the Sandy Line Dance performing group. □ □

Thursdays 1:00-2:30

Square Dancing

The Center's Square Dance is an activity which features time for beginners (1:00-2:00) as well as dance time for the more experienced (2:00-2:30.) The cost is \$1.50 per day and is paid when you arrive for the activity.

Our caller is Don Carlton, a veteran of more than 40 years of conducting square dance classes and dances. □

2nd & 4th Thursday this month

Red Hatters

The Heritage Center Red Hat Society chapter will meet the 2nd & 4th Thursday at 12:45 this month to play BONKO and Hand & Foot. The next meetings are on Thurs., Jan 8 & 22. A group photo is scheduled for Jan. 8, please don't miss this meeting. Information sheets on the Red Hatters available at the front desk. □

RECREATION...RECREATION...RECREATION

Wednesday, January 7

Birthday Wednesday!

The Center will be celebrating all of the January birthdays on **Wednesday, January 7**. Each month we celebrate birthdays on the first Wednesday of the month. Lunch is served at noon and advance reservation are needed.

Those who attend the Birthday Lunch will be eligible for a drawing to receive a free lunch. On Birthday Wednesday the lunch will always include a piece of birthday cake. And if you come and celebrate on Birthday Wednesday the month you turn 60, 70, 80, 90..., the lunch is on us (just tell the person collecting money you have reached a new decade).

For February birthdays, the birthday lunch is **Wed., February 4**.

valentine's Party - Friday, February 13 at 11:00

Celebrate Valentines day with the center on **February 13** with accordion music from Fiddle Soup. Roger and Ruth will be playing classic love songs on the fiddle and piano. A special valentines lunch will follow at 12:00 with sweetheart Turkey Breast with raspberry sauce, honey do you love me carrots, dill kissed mashed potatoes, red velvet cake, and chocolate covered strawberries. Lunch is a regular sign up.

Have you told someone lately how much you enjoy their company, enjoy their friendship, or how much you care about them. Valentines Day is the perfect opportunity to let someone close to you know how much you care. □

Fire/Police Luncheon - donations needed

The annual Fire/Police appreciation lunch will be held on **February 9, 10, 11** at the Center.

Employees from the Murray City Fire and Police Department will be invited to enjoy a free lunch on any of the three days scheduled. **Donations are currently being accepted to cover the cost** of the Fire and Police Department meals. The suggested donation to cover one meal is \$4. Any amount is appreciated and can be given at the front desk.

Plan on attending lunch that week and say Thank You to the wonderful men and women who keep us safe! □

MISC...MISC...MISC...

Eight Steps to a Better Memory

Contrary to popular belief, memory loss is NOT inevitable as we age. By embracing one or more of these simple life-style changes, you have the power to increase your brain power and enrich your life:

1. **Focus on what you're doing.** By paying attention to one thing at a time you will be able to eliminate distractions, focus your brain power and think more clearly.

2. **Get a good night's sleep** -- every night. Your memory will suffer if you're sleepy and "foggy-headed." If you're having trouble sleeping through the night, talk with your doctor.

3. **Watch what you eat** -- literally. The foods you eat are what fuels your brain, so watch what you eat. As they say. "garbage in, garbage out!"

4. **Get a WEEKLY supply of good brain fats.** Omega 3 foods.

5. **Get a DAILY supply of antioxidants.** Fish and bright colored fruits and veggies.

6. **Keep your engine running!** Physical activity: Take a few more steps than you have to. More blood flow from any extra physical movement can translate directly into more blood flow into the brain.

7. **Use it or lose it.** The earlier you begin the better. This is prevention, not therapy.

8. **Take a deep breath...** Brains live on oxygen. Without enough they can fail. □

-- LTC Professional Magazine Fall 2005

Travel with friends...

Center Trips



-- EACH PERSON MAY REGISTER FOR
THEMSELVES AND NO MORE THAN ONE
OTHER PERSON FOR EACH TRIP --

Tuesday, January 13 - 8:30

Wendover & Rainbow

Travel to Wendover on **Tuesday, January 13** and enjoy a day at the Rainbow Casino. A chartered bus has been scheduled for the trip and the **cost is \$15** per person and includes transportation, a bonus package from the casino, a buffet luncheon, and free bingo on the bus. Depart the Center at **8:30 am** and return at approximately **7:00 pm**. You may sign up for this trip at this time...space is limited..□

Wednesday, January 21 - 9:00

Tooele for Breakfast

Once again the Center bus will be headed to the Tooele Senior Center for the "Best Breakfast in Utah". The bus will depart the Center at 9:00 on **Wednesday, January 21** and return about 12:30 pm. **Cost is \$5** for transportation and the breakfast. Bus capacity limited to 20 participants. Sign up now for this trip. □

Friday, February 6 - 9:00

Kingsbury Hall Cedar Lake Ballet

Once again, Kingsbury Hall at the University of Utah is offering free attendance at the educational matinees for senior centers. This performance is *the Cedar Lake Contemporary Ballet Company*. The New York Times calls this "Dancing that pulls viewers right out of their seats:."

The Center bus will depart at 9:00 for the 10:00 performance and will return to the center in time for lunch. **Cost for the activity is \$3** and you may register for this trip starting Friday, January 23.

Upcoming performances of the Educational Matinees Feb.27, Sweet Honey in the Rock; April 3, The Jungle Book; May 21, Utah Hispanic Dance Alliance. Watch future newsletters for specific details on each of these activities. □

Coming Summer 2009 Tuachan & Logan - Charter Bus Trips

Mark your calendar for the annual trip to Mesquite and Tuachan to see Annie and Footloose. The dates are June 9, 10, 11, 12 and signup will begin on March 2. Cost will be \$255 per person. More information to follow in February newsletter for the March signup.

Mark your calendar for the annual trip to Logan to see the Opera Carmen, Camelot, and Cavalleria Rusticana & I Pagliacci. The dates are July 15, 16, 17. The cost is \$220 per person. More information to in the March newsletter for April signups.

Because these trips require advance ticket purchase and room reservations, registration is early in order to purchase the tickets. Check cancellation policies when registering so you know the deadlines to cancel and still receive a refund. □

**Reminder: You may only make a reservation for yourself
and one other person on trips.**

Travel Joke of the day...

A man and his wife were driving their Recreational Vehicle across the country and were nearing a town spelled Kissimee. They noted the strange spelling and tried to figure how to pronounce it - KISS-a-me; kis-A-me; kis-a-ME. They grew more perplexed as they drove into the town. Since they were hungry, they pulled into a place to get something to eat. At the counter, the man said to the waitress: "My wife and I can't seem to be able to figure out how to pronounce this place. Will you tell me where we are and say it very slowly so that I can understand." The waitress looked at him and said: "Buuurrgerrr Kiiinnng." Do you have a travel story? Give it to the front desk. □

THURSDAY EVENING...THURSDAY EVENING...

Thursday Evening Center open until 10:00 PM

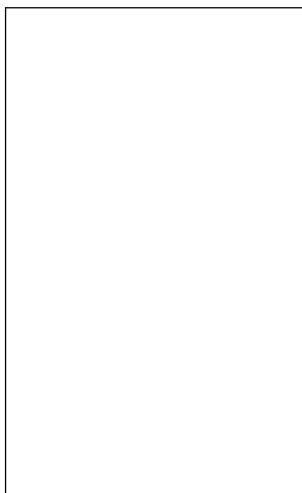
The Center is open until 10:00 PM on Thursday evenings. Enjoy the computer lab, billiard room, exercise room or dance to the music of Tony Summerhays. Scheduled programs listed below:

Weight Watchers --Join the Heritage Center Weight Watcher Group on Thursday evenings at 5:30 PM with group leader Kim Evans. Cost of the 12 week program is \$113. You may join the group at any time and members from other locations and Lifetime members are invited to join the group. For further information contact the Center at 264-2635.

Evening Social Dance -- Dance to the musical genius of Tony Summerhays each Thursday night from **7:00-10:00 PM**.

Cost of this activity is **\$4 per person**. Refreshments will be served during the break and door prizes will be given each week. Advanced registration is not required. Pay at the door.

Each Dance is supported by a sponsoring agency which provides the refreshments and a door prize.



Dance Instruction --This opportunity exists for those who wish to improve their ballroom dance techniques or to learn the specific skills involved in swing, cha-cha, waltz, rumba and others. Ballroom dance instructors Steve and Kathy Rogers will be available at 6:30 to assist those who seek instruction for 30 minutes preceeding the Social Dance. They will also be on the floor during the evening to dance with individuals or couples who could benefit from personalized instruction. Admission to the dance is \$4 and includes the instruction provided by the Rogers.

Remote Control Aircraft Club --The Ute Radio Control Association will meet at the Center on **Thursday, January 8**, to share flying stories, display member's aircraft, review upcoming activities, and discussed items related to the club's functions. Those interested in Remote Control Flight of aircraft of any type, pilots of any skill level, . The club meets on the second Thursday of every month. □

MISC...MISC...MISC...

3 Steps - Apply, Buy, Try

TV Converter Box

In you rely on rooftop antenna or "rabbit ears," a TV converter box is one option to transition to digital television on or before February 17, 2009. The Federal government is offering all U.S. households up to two \$40 coupons to help pay for the cost of TV converter boxes. **APPLY TODAY** for your coupon or before the end of the year.

To keep your analog TV working, follow these 3 steps, which may take at least 6 weeks:

1. **Apply TODAY** for your coupon which will help you purchase a government certified converter box. Coupons are available on first come, first serve basis. To apply, go to www.DTV2009.gov or call 1-888-388-2009, mail to PO Box 2000, Portland OR 97208 or fax 1-877-388-4632.

2. **BUY** your coupon-eligible converter box. Coupons expire 90 days after they are mailed. Expired coupons cannot be issued or replaced. A list of retailers will come in the envelop with your coupons.

3. **TRY** your converter box as soon as you get it home. Hook-up your converter box to start watching digital television or to troubleshoot potential problems. The converter box instructions may include a toll free line for help setting up your box. If you experience poor reception, contact your local television station. For general information call 1-888-CALL-FCC. □

SERVICES...SERVICES...SERVICES...SERVICES...SERVICES...SERVICES

Tuesday, January 13

Outreach Worker

Salt Lake County Aging will be sending an Outreach Worker every month to the center. They will be at the center on **the second Tuesday of every month** at 10:00 to answer any questions you may have regarding county programs, assisted programs, or services in your area. Appointments are required and can be made anytime at the front desk. There is no charge for this service. □

Wednesday, January 21

Attorney Consultations

An attorney will be available for free 20 minute legal consultations on **Wednesday, January 21** at 11:00. Appointments are needed and are made at the front desk.

Bring any documents and forms pertaining to the question you may have. The attorney will consult with you and advise you, provide additional services through Utah Legal Services at a later date, or attempt to refer you to other appropriate sources of help. The attorney will not attempt to represent you. □

Transportation

The Center bus runs on Wednesday and Friday to provide transportation to Murray residents. The cost is \$2 a person and advance reservations are needed. First time riders need to complete a brief application. □

Tuesdays from 9:00-2:00

Barber Shop is Open

The Center is offering haircuts for men and women on **Tuesday** mornings from 9 to 2. Cost of this service is \$8. Only haircuts and trims are being offered at this time. The barber is Lisa Kesler who has many years of experience cutting hair for Pepe's Barber Shop and Fantastic Sams. Lisa's favorite part of the business is the chance to talk with people, and the advice she gets from her customers.

Haircuts will be scheduled by appointment, every 20 minutes, starting at 9:00 and finishing at 2:00. Appointments and payment are required in advanced. Cancellations need to be made 24 hours in advance for a refund. □

Trouble keeping up your Home or Yard?

A group of youth and adult volunteers would like to help out Murray City residents in need next summer by providing some property maintenance. Projects such as painting, roof repair, or general clean-up around your yard may be available spring or summer 2009. If you could use some help or know of anyone who might need assistance call Tim Tingey, Murray City Community Economic Development Director, at 270-2421 and mention you would like to be put on the list for possible one time assistance with property maintenance next year. □

Heritage Center Scholarship Program

In an effort to enable all senior adults access to Center programs, activities, and meals at the Heritage Center regardless of their ability to pay for services, a Heritage Center Scholarship Program is available. The scholarship provides \$50 per month to an individual to help pay for Center activities. The program is made possible by donations.

In order to be eligible for the Scholarship program, you must prove a financial need and meet certain criteria. Two scholarships are currently available. The income guidelines for 2008 are \$1040/mo. individual or \$1400/mo. couple. Applications are available at the front desk or from the Center Director.

All information is kept confidential and evaluated 6 months. □

Newsletter Donations

Each month at least 800 copies of the newsletter are printed. Newsletters range from 16 to 20 pages in length and cost over .70¢ per newsletter. Donations are greatly appreciated to help offset this cost. Donations can be given at the front desk or put in the donation box in the lobby.

The newsletter is the best way to get information out on new classes, speakers, trips, etc. Feel free to take extra newsletter to friends and neighbors and donate when you can.

Thank you!

Volunteer Corner

Volunteers are the key to the success of the Heritage Center. Currently the Center is in need of volunteers for the following positions:

Bingo - caller and prize person needed. See George.

Front Desk Greeter - help remind people to scan their card or sign in when attending the Center. All hours available.

Health Services - substitute receptionist needed to assist on Thursdays. See Daveen.

Front Desk Receptionist - Tuesday from 8:30-12:00. See Sharon.

Kitchen help - a variety of jobs are available in the kitchen. See Calli if you'd like to help. ☐

Chuck-A-Rama Cards

Discount cards are available at the front desk for a 15% discount at Chuck-A-Rama. The card is good for persons 60+ and the cost is \$1. In addition to the 15% discount after 10 visits you receive a free meal. All proceeds from cards purchased at the Heritage Center stay at the Heritage Center.

Thank you to the Chuck-A-Rama Buffet for providing the cards. Last year the Heritage Center received \$1,088 from card purchases.

Pick up your Chuck-A-Rama card today. ☐

TRANSPORTATION

Regular Heritage Center Service

The Heritage Center offers transportation to Murray residents on Wednesday and Friday in our 20 passenger bus. Advance reservations are needed and new riders need to fill out a brief application before your first ride. The bus picks up between 10:00-11:00 and returns riders to home after bingo (approximately 2:00).

Please make sure you cancel your ride if you are not able to attend so that the driver does not include you on his route.

The Center 20 passenger bus is also used for day trips. These trips are available to any senior and are not limited to Murray residents. See page 12 for the current trip schedule.

Other Transportation Services

☐ Salt Lake County Aging Services provides door-to-door transportation for seniors 60+ to essential services such as medical appointments, prescription pickups and visiting institutionalized family members. Transportation is available for those who cannot use public transportation and have no other resources. Please call one week in advance. (801) 468-2464

☐ UTA's has fixed route buses and TRAX available for a reduced cost to seniors. A bus stop is available at 6100 South and State (just one block north of the Center.) The senior fare for fixed-route buses and TRAX is 70¢ per ride. This is a discounted full fare ticket and is good for two hours from time of purchase. Call 1-888-743-3882 and tell UTA where you want to go. They will tell you which buses and/or TRAX trains you'll need to take to get you to your destination.

☐ UTA's paratransit service (flextran) is a service of the Utah Transit Authority, for people with physical, cognitive or visual disabilities who are functionally unable to independently use the UTA fixed route bus service.

All persons seeking eligibility for Paratransit Service ADA Program **must appear in person**. Call 566-2334 to set up an appointment for an interview/evaluation. The purpose of the evaluation is to determine whether the applicant can ever use the fixed route bus and TRAX light rail service.

The components of the Paratransit Service mobility evaluation include verification of disability, the applicant's own assessment of his/her ability to use the fixed route bus and TRAX light rail service, and a functional assessment, if needed. Information provided by a health care professional regarding the applicant's ability to use the bus may also be considered.

The application form will be completed at the time of the interview. ☐ ☐

JANUARY 2009 - Menu

Make reservations by 12:30 the day before by calling **264-2635**

No reservation needed for the Salad Bar or Soup

Lunch served at Noon. Purchase tickets by 11:50 a.m.

Cost is \$3.00 for 55+ - Drinks - .50¢ - Takeout Meals - \$3.50

Monday	Tuesday	Wednesday	Thursday	Friday
			NEW YEARS DAY 2009! CENTER CLOSED	CHICKEN PARMESAN 3 Cheese Orzo Tomato Basil Salad Roll, Carrot Cake Or Fruit
HAM & NAVY BEAN SOUP Green Salad Roll Ice Cream Or Fruit	ESPRESSO RUBBED ROAST Garlic Mashed Potatoes Asparagus, Roll Brownies Or Fruit	CHICKEN CORDON BLEU BURGER Roasted Potatoes Veggies, Roll BIRTHDAY CAKE Or Fruit	STUFFED CABBAGE Rice Pilaf Roll Banana Pudding Or Fruit	FISH & CHIPS w/Tartar Sauce Hush Puppies Coleslaw Cookies Or Fruit
BAKED POTATO BAR Roll Texas Sheet Cake Or Fruit	POT ROAST Scalloped Potatoes Broccoli Roll Berry Parfait Or Fruit	EGG DROP SOUP Cashew Pasta Salad Potstickers Fortune Cookie & Fruit Bowl	PORK CHOPS Smashed Dill Potatoes Apple Slaw Roll Peanut Butter Pie Or Fruit	CHICKEN w/Wild Mushrooms & Balsamic Cream Sauce, Penne Pasta, Squash, Roll Lemon Meringue Pie Or Fruit
MARTIN LUTHER KING JR DAY CENTER CLOSED	FRENCH ONION SOUP 1/2 Roast Beef Sandwich, Green Salad, Creme Brulee Or Fruit	LASAGNA Oven Roasted Veggies Breadsticks Fruit Pizza Or Fruit	SNOW ON THE MOUNTAIN (Curried Chicken Stew) White Rice, Roll Rum Cake, Or Fruit	LAMB GYRO Oven Fries Greek Salad Baklava Or Fruit
STEAK DIANE Ultimate Mashed Potatoes, Asparagus, Roll, Pavlova Or Fruit	ORANGE CHICKEN RICE BOWL , Veggies, Roll, Toffee Cake Or Fruit	PORK & APPLE BRAT w/bun Potato Salad Sauerkraut, Ginger Cookie Or Fruit	THAI SHRIMP & COCONUT SOUP , Steamed Rice, Roll, Mango Sorbet Or Fruit	CHICKEN ENCHILADA Spanish Rice, Beans, Roll, Chocolate Eclair Or Fruit